

## Tai Chi – Beginner and Intermediate Classes

At the Weston Senior Activities Center

[\(203\) 222-2608](tel:(203)222-2608)

Can relieve physical effects of stress  
Helps to promote deep breathing  
Improves lower body and leg strength  
Helps to reduce blood pressure  
Accumulates energy by releasing endorphins rather than depleting it  
Can enhance mental capacity and concentration

**Significantly improves balance and stability**



### **New Session Starting in May**

Beginner Class with Bill Wren  
May 2, 9, 16, 23, 30 June 6, 13, 20, 27  
9 Classes - \$45.00

Intermediate Class with Mari Lewis  
May 7, 14, 21, 28 June 4, 11, 18, 25

8 Classes - \$40.00